

US EPA ARCHIVE DOCUMENT

**U.S. Environmental Protection Agency**

## Clean Air Mercury Rule

[Recent Additions](#) | [Contact Us](#) |Search: **GO**[EPA Home](#) > [Air and Radiation](#) > [Clean Air Rules of 2004](#) > [Clean Air Mercury Rule](#) > Fish Consumption and Mercury Exposure

## Fish Consumption and Mercury Exposure

The FDA/EPA Fish Consumption Advisory advises pregnant women, women who may become pregnant, nursing mothers, and young children to avoid certain types of fish that are higher in mercury (shark, swordfish, tilefish and king mackerel) and eat fish and shellfish that are lower in mercury. Five of the most commonly eaten fish that are low in mercury are shrimp, canned light tuna, salmon, pollock, and catfish.

The degree of exposure to mercury is derived from both the amount and the type of fish eaten. Because some fish that are low in mercury make up a large percentage of the fish consumed in the U.S., they contribute a greater percentage of mercury to the U.S. market. However, the key factor to an individual's health is related to the amount and type of fish the individual consumes. For more information on mercury levels in fish, visit <http://www.cfsan.fda.gov/~frf/sea-mehg.html> [EXIT disclaimer](#) .

---

[EPA Home](#) | [Privacy and Security Notice](#) | [Contact Us](#)

This page was generated on Friday, April 1, 2005

View the graphical version of this page at: <http://www.epa.gov/mercuryrule/fish.htm>